

Creamy Polentina with Bananas & Maple Syrup

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 30 minutes

Step 1: Cooking the Polentina

- 1 1/4 cups water
- 1 1/4 cups milk*
- 1/2 cup coarse polenta
- 2 tsp sugar
- 1/2 tsp pure vanilla extract
- 1/8 tsp sea salt

In Italy, polentina refers to a loose and creamy form of polenta. It is often served as a porridge for breakfast.

*Note: Any non-dairy milk would work for this recipe.

To cook the polentina, place the water, milk, sugar, salt and vanilla into a medium-sized pot. Slowly whisk in the polenta. Once fully incorporated, turn the heat on to medium-high and bring to a boil, whisking frequently.

Once boiling, reduce the heat so the mixture just simmers. Continue to whisk frequently for about 10 minutes. Once the mixture begins to thicken, switch to a long-handled wooden spoon or heat-proof spatula. Keep the mixture at a gentle simmer and continue to cook for about 20 minutes, scraping the bottom and the sides of the pot frequently.

Once the polentina is smooth and cooked to your liking, remove it from the heat. Note: For a thicker texture, simply continue to cook until you reach the desired thickness; for thinner polentina, add more milk and/or water to thin it out.

Step 2: Assembling the Dish

- 1 banana
- 1/4 cup pure maple syrup
- cinnamon (optional)

Just before the polentina is done, slice the banana and warm the maple syrup.

Distribute the polenta between 2 bowls and top with the sliced bananas, maple syrup and cinnamon to taste, if desired. Serve warm.